



Why is exercising IN the water better than exercising OUT of the water?

1. **Buoyancy:** This water property allows people to do exercises that are difficult on land. 90% of your body is buoyant when in the water up to your neck, so you are not hitting the floor as hard as you would on land. No pounding or jarring!
2. **Resistance:** There is continual resistance to every move you make. The water offers 12%-14% more resistance than when you exercise on land. Resistance does not allow for sudden body movements.
3. **Cooling Effects:** Water disperses heat more efficiently, so there is less chance of overheating. The water continuously cools the body. Exercise in the water is cooler and more comfortable than it is on land.

Why do people exercise in the Water?

1. *To get and stay in shape.* Remember, you cannot expect great results over night. Improving your fitness depends on how much energy and effort you exert. Water exercise can burn up to 600 calories in a one hour class.
2. *To decrease stress, blood pressure, tension, weight gain, body fat, impact on joints and risk of injury.*
3. *To increase strength, flexibility, energy, range of motion, muscle tone, circulation, endurance, balance, coordination and self esteem.*
4. *To enhance well-being, sleeping patterns, recovery time from injuries, and to slow the aging process.*

P&R 6513
Aquatic Admin

We are on the web!
www.raleighnc.gov/aquatics

Millbrook Pool 872-4130
Optimist Pool 870-2882
Pullen Aquatic Center 831-6197
Administration Office 831-6852
Administration email aquatics@ci.raleigh.nc.us



City of Raleigh Aquatics

Water Exercise Classes Winter 2011

Revised January 2011



Water Exercise Class Pass

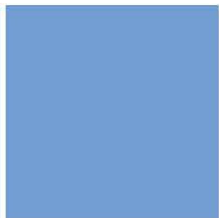
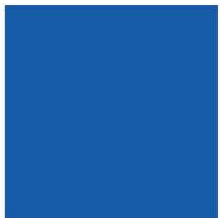
Water Exercise passes can be purchased at year-round aquatic facilities or by mail. No preregistration is required.

This pass allows you to attend any 8 water exercise classes within a calendar year.

Prices for an 8 class pass:

Raleigh Resident: Adult \$40
Senior \$33

Non-Raleigh Resident: Adult \$50
Senior \$43



Shallow Water Classes

(For Shallow Water Classes no swimming ability is necessary.)

Aquacise Designed for all age groups, this class focuses on agility, coordination, and stability.

Water Walking This low impact class focuses on flexibility, conditioning, and cardiovascular endurance. It is designed for individuals of all fitness levels to work towards a higher level of personal fitness.

Making Waves & Shallow Water Exercise

These classes concentrate on helping individuals gain muscular strength, coordination, flexibility and cardiovascular endurance. Designed to help individuals of all fitness levels work towards a higher level of personal fitness.

Arthritis Water Exercise Class For people with arthritis, fibromyalgia or other conditions that would benefit from a range of motion exercise in warm H₂O.

Head, shoulder, Knees to Toes This class uses the properties of the water for a complete head to toe workout. It will include an energetic aerobic routine for cardiovascular fitness and a total body workout. Equipment maybe used to enhance workout.

Deep Water Classes

(For Deep Water Classes, although flotation equipment is used in most classes, participants should be comfortable in deep water and have minimum swimming ability.)

Deep Water Strength & Cardio Prepare yourself for the ultimate no impact workout! Suspended completely in deep water through the use of special aquatic fitness belts, individuals can exercise carefree of stress and pressure on joints. Water jogging and aerobics provide a great total body workout.

Let's Get Physical! Deep water wellness workout designed to provide cardiovascular, resistance & flexibility training. These workouts help strengthen the core muscles of the chest, abdomen, & back.

Deep Water Power Hour This high intensity deep water class will include cardiovascular & strength conditioning with no impact! Gloves, barbells, & cuffs may be used to enhance exercises. Equipment use is optional.

Dynamic Deep An intermediate to advance class that focuses on utilizing core stabilization through a series of continuous movements at various intensity levels.

Class Times & Locations

***All Pools will be closed Dec. 24 & 25 due to the Holidays. All pools will close at noon Dec. 31st and reopen at noon Jan. 1. Happy Holidays!**

Millbrook Exchange Pool

Making Waves

Mon, Wed, Fri 9:00-10:00am
Tue, Thu 9:00-10:00am
Tue, Thu 6:00-7:00pm

Dynamic Deep

Mon - Fri 8:00-9:00 am
Sat 8:30-9:30am
Tue, Thu 7:00-8:00pm

Optimist Pool

Making Waves

Mon, Wed 7:00-8:00pm
Tue, Thu 6:30-7:30pm

Aquacise

Mon, Wed, Fri 8:30-9:30am
Mon, Wed, Fri 9:30-10:30am
Mon, Wed, Fri 10:30-11:30am

Optimist Pool

Water Walking

Mon, Wed, Fri 9:00-10:00am

Deep Water Strength & Cardio

Mon, Wed, Fri 5:45-6:45am
Tue, Thu 8:00-9:00am

Head, Shoulders, Knee to Toes

Tue, Thu 9:00-10:00am

Pullen Aquatic Center

Deep Water Power Hour

Mon, Wed, Fri 8:30-9:30am

Head, Shoulders, Knee to Toes

Mon, Wed, Fri 9:30-10:30am

Arthritis Class

Mon, Wed, Fri 10:30-11:30am

Let's Get Physical

Mon, Wed, Fri 11:30am-12:30pm

Shallow Water Exercise

Tue, Thu 6:45pm-7:45pm

Deep Water Exercise

Mon, Wed 5:45-6:45pm